

# FosterCare

SELECT

A program of  
Dunn Mental  
Health Center,  
Inc.

1416 Broad Street,  
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## First Foster Parent Rally A Huge Success!

On October 14th, Foster Care Select and the Henry County Division of Family and Children hosted the first annual Foster Parent Rally. Over 100 people turned out on the beautiful fall day to meet new foster parents, listen to the fabulous bluegrass band put together by our Mike Fleming, the director of the Henry County office of Family and Children, play games, and decorate pumpkins.

With sunny weather in the low 70's, an impromptu game of touch football was spearheaded by many of the kids in our program. Kids and adults alike enjoyed the door prize drawings and bingo. Face painting, pumpkin decorating, and family pictures in front of the fall decorations rounded out the activities. Several residents from the community also joined us to enjoy the music provided by the band, and the kids participated in karaoke as well.

Of course, you can't have a fall party without great food. Everyone enjoyed pulled pork, sloppy joes, hot dogs, coleslaw, potato salad, chips, homemade apple crisp, and brownies. Not a lot of food was left!

We hope to continue to provide this type of activity for our families to enjoy at least three times a year.



Mike Fleming and his Bluegrass Band



Above left: Face painting was a popular activity.

Above right: Decorating pumpkins was fun for all ages.

Bottom left: The pavilion at the Arts Park was the perfect setting for a beautiful day!

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### Special points of interest:

- Check out the pictures from our first FOSTER PARENT RALLY
- Learn about Lifebooks
- See all of the local opportunities to earn licensing hours
- Learn about Respite Care
- Lynne's Corner

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## Therapy Toolbox

### By: Cindy Royce, MSW

I love it when kids have a good sense of self. Creating lifebooks together and incorporating your foster child's family of origin's traditions into your own holiday celebration will make getting through the holidays much easier.

Sampling some of their favorite foods, crafting some traditional decorations, and reading some of their favorite holiday stories are important ways to ease children through a difficult time. Sharing favorite holiday memories is also a great way to get to know the children in your home and for them to know a little more about you and your family.

Lifebooks encourage children to share

not only photos, but stories and memories of the past and present. Not enough photos? Buy a couple of disposable cameras and take one to a visit and ask their parents to take pictures of themselves, their pets, their home, and friends. Give the other camera to the child and have them take photos of favorite places, activities, and people. When they are finished, develop the photos, purchase some scrapbooking supplies and have a great time designing each page together.

If your child tends to get destructive when upset, laminate the pages, or use copies of photos and put the originals in a safe place for them to have later.



## Focus on Benefits: Respite Care

One of the most important and frequently used benefits for Foster Care Select parents is our respite benefit. Each foster home with children is entitled to two days of "free" respite each month. Foster Care Select will pay you the child's per diem for those days and also pay your respite provider. Although the days must be used each month and do not accumulate, respite can provide a much needed break to both children and their foster parents. The following are some tips for using respite effectively:

- Plan to use respite at least 2 weeks in advance.
- Make contact with the respite provider prior to dropping off the children to discuss their needs and the respite providers plans so appropriate clothing can be sent.
- Make sure to give clear, written instructions including the case worker's name, level of supervision needed, and any special needs such as allergies or food dislikes.
- Include all medication and medication logs with clear labels as to how and when to administer.
- Respite should not be used as punishment. If a child has consequences to complete, save those for home.
- Pack as if going to a sitter. Include diapers, formula, baby food or cereal for infants and changes of clothes, hygiene items etc. for older children.

## Regional Training Opportunities

Dates have been scheduled for our next **Pre-service (FAKT)** training. They are:

Thursday, November 15th 5 to 8 p.m.

Friday, November 16th 5 to 8 p.m.

Saturday, November 17th 9 to 5 p.m.

Monday, November 19th 5 to 8 p.m.

Tuesday, November 20th 5 to 8 p.m.

### CPR / First Aid / Universal Precautions

Saturday, November 10th 9 a.m. to noon.

### These trainings will all be held in the Foster Care Select office.

For those of you who attended the Family Rules training in Richmond on November 2nd, please remember to give us a copy of your certificate.

### Crisis Management Training

Saturday, November 17th from 10 a.m. to 2 p.m.

Batesville Public Library

131 N. Walnut Street, Batesville, IN

This training is a little over an hour from New Castle. Foster Care Select will pay your mileage if you choose to attend as this is an important training.

## Foster Care Select Sponsors Parents Day Out for Breakfast and Christmas Shopping

Mark your calendars December 1st from 8:30 a.m. to 2:30 p.m., because Foster Care Select is sponsoring a Christmas Breakfast for all Foster Care Select Parents and then Parents Day Out to finish your Christmas shopping.

The event will be held at the First Christian Church on 2000 Bundy Avenue. We will begin with breakfast for all Foster Care Select parents and kids beginning at 8:30 a.m. Parents will then be free to shop until 2:30 p.m. There is quite a bit of shopping locally and the Muncie and Richmond Malls are about 35 minutes away. It is very important that you RSVP to the Foster Care Select Office if you plan to attend

and let us know the names and ages of the children you would like to leave in our care so we have enough childcare staff.

Age appropriate activities will be provided for the children including Christmas movies and crafts. The children will also be provided lunch. All parents are asked to return no later than 2:30 p.m. to pick up their children.

If you have any questions, call one of our staff at 866-521-3010 for more details or to register for this event.

HOPE TO SEE YOU THERE!!



## Lynne's Corner

As Thanksgiving nears, and the weather begins to get chilly, many activities tend to start moving toward indoor locations. There are still some great outdoor activities to enjoy such as:

- Raking and playing in the falling leaves.
- Bonfires and wiener roasts
- Preparing Christmas lights and decorations outside.
- Making and hanging birdfeeders

There are also some great kids crafts to do:

- Create a great Thanksgiving Centerpiece by arranging a variety of colorful small gourds, fall leaves, and nuts in a bowl.
- Use fall cookie cutters on slices of fruit, cheese, or bread to create appetizers before dinner.
- Create dried apple garlands by peeling and slicing apples and dipping in salt water. Let dry for 2 weeks, turning often. Hang on strands of raffia or jute.

*Let us remember the true meaning of*

*Thanksgiving.....*

*Let us think of our families and friends and let us give thanks in our hearts.*

*-Unknown*



### Thanksgiving Blessing Mix

\*Each ingredient in this snack mix symbolizes something associated with Thanksgiving.

2 cups Bugles brand corn snacks—they are shaped as a cornucopia, which is a horn of plenty.

2 cups mini pretzel twists—represent arms folded in thanks and prayer.

1 cup candy corn—during the first winter, the Pilgrims were each allotted only 5 kernels of corn per day because food was so scarce.

1 cup dried fruit—Thanksgiving is the celebration of the harvest.

1 cup peanuts or sunflowers seeds—seeds represent the bounteous harvest for the next season if they are planted and well tended.

As the children help mix the ingredients talk about what they each represent. It is also a great time of year to start a tradition of each person at the dinner table offering one thing they have to be thankful for that day!

## A program of Dunn Mental Health Center,

1416 Broad Street, New Castle, IN 47362

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**We're on the  
Web!  
example.microso  
ft.com**

*Nurturing hope in the lives of  
Children*



## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to re-

fer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind

readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.



Caption describing picture or graphic.

If space is available, this is a good place to insert a clip art image or some other graphic.

*This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.*

*It would also be useful to include a contact name for readers who want more information about the organization.*